

DATES TO REMEMBER

HOLIDAY CLOSING:

The Senior Center will be closed Monday, May 27 for Memorial Day and Thursday and Friday, July 4 & 5 for Independence Day.



P.E.A.C.E. Inc.

SENIOR LUNCH PROGRAM

Lunch is served each week, Monday thru Thursday at 12 Noon (no lunch served Friday). Lunch is \$3.50 for any senior 60+, \$7 for anyone under 60. Pay the day you come for lunch. Call the lunch line at 315.469.3259 for reservations. Call and cancel if you are unable to come for lunch, and make sure to include in your message the day and date you are canceling.

OUT OF COURTESY TO THE KITCHEN STAFF, PLEASE ARRIVE AT LEAST 15 MINUTES PRIOR TO THE NOON LUNCH. *Please notify our PEACE Lunch Manager if you have a food allergy.* **Lunch Reservations should be in by 12:30 PM THURSDAY for the following week.**

CATERED LUNCHEONS

THURSDAY, May 9 @ 12 Noon

\$5 - Sign up by Tuesday, May 7

Deli Lunch; entertainment by Tommy Key

THURSDAY, June 6 @ 11:30 AM

\$5 - Sign up by Tuesday June 4

Hor D'oeuvres; BINGO BASH PARTY!!!!

THURSDAY, July 11 @ 12 Noon

\$5 - Sign up by Tuesday July 9

Picnic Lunch with Grilled Hot Dogs, Salt Potatoes, Mac Salad and Dessert; entertainment by Lock 52



ART CLASS EXHIBIT @ ONONDAGA FREE LIBRARY IN JUNE

Our Tuesday morning Senior Art Class will be exhibiting their paintings at the Onondaga Free Library during the month of June. When you are at the library, check out their works of art hanging on the 2nd level.

A reception to honor their work will be held sometime in June. Everyone is invited to join the celebration!

THE MIND DIET PRESENTATION

Thursday, May 23 @ 12:10

Meet Kristin, our new Social Services Counselor. She will give a presentation during lunch on the MIND diet and ways to prevent dementia, and Diet for high blood sugar/pre diabetes/diabetes.

LEGAL AID SOCIETY OF MID-NY

Provides legal services to residents of Onondaga County age 60+. Services cover the following civil areas: Consumer/Debtor Relief, Living Wills, Power of Attorney Preparation, and Revocation, Simple Will & Testament, Veterans Benefits, Food Stamps, Medicaid, Social Security, Health Care Proxies, Medicare, Public Assistance, and Utility issues. Call to schedule an appointment. Appointments are one hour. First appointment 10 AM, last appointment 2 PM.

2024 Appointment Dates

Wednesdays, September 18 & November 13

AAA DEFENSIVE DRIVING COURSE

ADVANCED REGISTRATION IS REQUIRED

Anyone 50+ is eligible to take this one-day course.

Classes for 2024

May 10; October 11; November 8

Payment:

Check payable to AAA for \$34 due upon registration.

BRING TO CLASS:

Your current driver's license, pen/pencil.

Class time: 9 AM – 3:30 PM. Please arrive on time. Senior Center DOORS DO NOT OPEN UNTIL 8:30 AM.

Lunch: 12 - 12:30 PM. Bring a bagged lunch, nothing that requires a microwave oven. Coffee and Tea provided.

NEIGHBORHOOD ADVISOR/ SENIOR ASSISTANCE COUNSELING

Get help regarding: HEAP; Food Stamps; Lifeline Telephone Program; Veterans Benefits; Meals On Wheels; Housing Subsidies; Home Repairs and Weatherization; Caregivers; Tax Assistance; Pantries; and Social Day Programs. For immediate assistance call the Salvation Army Office directly, 315.479.1125. To meet at the Senior Center May 15 or June 19, call us to schedule an appointment.

ONGOING AT THE SENIOR CENTER

The following activities are available to all Seniors.

CARDS FOR FUN Mondays 1-3 PM. At this time we have no weekly card players. Call us if you are interested in playing your card game of choice.

BOOK CLUB Mondays at 12:30 PM. The group reads a book a month. Some of the books read recently: Small Mercies, Dennis Lahane; Amy and Isabell, Elizabeth Strout; The Extraordinary Life of an Ordinary Man, Paul Newman.

DOMINOES Mondays from 1-3 PM. They have fun playing each week!

KNIT & CROCHET - Diane is our expert knitter and crocheter. Call the Center and leave your name and #. She'll call you to schedule a time to meet.

LIBRARY - Bring in your clean paperback books to add to our shelves located in the front entrance of the Senior Center and pick up a good read to take home.

MAH JONGG Wednesdays 1-3 PM for advanced players.

POOL (Billiards) - We have a regulation-size pool table to enjoy most times of day located in the lower level of the Center.

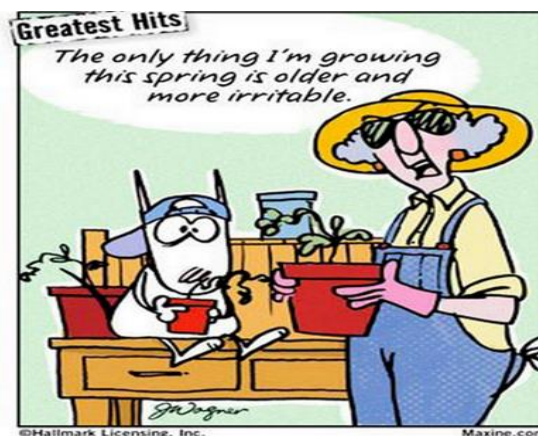
WII BOWLING - Wednesdays at 10AM.

WALKING PROGRAM

Walk from 10 - 11 AM Tuesdays and Thursdays at St. Michael's Parish Center or around the Brookdale Summerfield Residences (across from Santaro Park). If you need to sit, seating is available at the front entrance of the building.

QUILTING GROUP "BUSY HANDS"

Mondays 10AM-12 Noon. Come in and see all the beautiful quilts this group is making to donate to various charities in our community. They make quilts, do needlepoint and other handiwork too! Bring in your donations of fabric, quilting, and sewing supplies on Monday mornings when they are here at the Center.



GAMES!!



"PASS THE ACE CARD" GAME

Tuesdays May 7 & 28; June 11 & 25
@ 12:50 PM (after lunch)

It's a simple card game to enjoy and have fun playing. We play two or more games. Bring \$.75 (three quarters) for each game and join in the fun.

LEFT CENTER RIGHT (LCR)

Tuesdays May 14; June 4 & 18
@ 12:50 PM (after lunch)

It's a dice game of chance! Bring 6 quarters to play. If you are not having lunch at the Center, please arrive by 12:45 PM to form tables.

BINGO

Thursdays @ 1 PM (Please arrive by 12:45 PM)
May 2 & 23; June 20

Check our calendar for other dates scheduled for each month. \$1 for first card; \$.50 for each additional card.

DAY TRIPS



(IF YOU ARE INTERESTED IN A TRIP THAT IS FULL, BE SURE TO HAVE YOUR NAME ADDED TO THE WAITING LIST. WHEN WE HAVE A CANCELLATION, WE WILL CONTACT THOSE THAT ARE ON THE LIST.)

Sign up at the Senior Center and/or before sending in your check, call the Center to make sure trip is not filled. Include with check: name of person(s) taking the trip, your phone #, and date of trip, bus stop, and menu choice (if any).

Make check payable to Onondaga Seniors. Detailed flyers explaining the trips are displayed at the Center.

If you require assistance to get around, you will need a travel companion to accompany you and provide the proper help you need. If you become ill or need to cancel for a trip, always call the senior center and leave a message. Phone messages are checked each morning. Someone may be available to take your place if there is a waiting list. PLEASE BE SURE TO ARRIVE 20 MINUTES PRIOR TO DEPARTURE SO WE KNOW YOU ARE COMING!

Please sign up early. Deposits and headcounts are required by the venue weeks prior to the day of the trip.

TRIP OVER TO BINGHAMTON!

Wednesday May 8

Join us for a scenic trip to Binghamton NY where we will tour the Phelps Mansion, a historic Museum labeled the "jewel on Court St". This Empire Style home was constructed in 1871, designed by New York architect, Isaac G. Perry, decorated with Italian marble floors, black walnut staircases and period lighting fixtures. Enjoy our buffet lunch provided by Cline's Catering in their lovely grand ballroom. After lunch we'll stroll the Roberson Museum and Science Center...a space to let your mind wonder, nationally recognized for its excellence in art, history and science education. Tour the mansion and view 2 artists collections on display, a permanent Honashonee exhibit, a model train exhibit, and nature track full of taxidermy. There are elevators and seating in both venues. On our way home we will drive by the imposing Gothic Revival exterior of the Binghamton (NYS) Inebriate Asylum also designed by architect, Isaac G. Perry. Buffet includes: Grilled Chicken Breast, Stuffed Shells, Veggie, Salad, Rolls, Dessert, Coffee and Tea.

FEE: Residents \$62 Non-Residents \$67

Bus pick-ups:

Onondaga Senior Center - Departs at 9 AM

Nedrow Fire Department - Departs at 9:15 AM

Return approximately 4:45 PM



TURNING STONE CASINO

Tuesday May 21

Join us for a *Tribute to The Temptations* at the Turning Stone Casino. This show brings your favorite Temptations songs such as My Girl, The Way You Do The Things You Do, Just My Imagination....and more! Fill your heart and soul with flashbacks of your favorite moments and treasured memories. You'll see authentic classic costumes and the flawless choreography that you remember. Upon arrival at the casino, you will receive \$25 Free Play, a \$5 Food Credit and a ticket for the 1 Hr. matinee show. Please provide at sign up: Either your Turning Stone Card # or your birth date and address. This is required by Turning Stone to get your Free Play \$'s. (Remember to bring your rewards card with you on the day of the trip!)

FEE: Residents \$65 Non-Residents \$70

Bus pick-ups:

Onondaga Senior Center - Departs at 9 AM

Nedrow Fire Department - Departs at 9:15 AM

Return approximately 5:15 PM

THE REV THEATRE *presents*

JERSEY BOYS

Friday June 14

They had a look, an attitude, and a sound like no other. Sure, they were born in Jersey. But they were made in America. Jersey Boys is the international musical phenomenon that takes you behind the scenes — and behind the music — of Frankie Valli and The Four Seasons. Featuring "Big Girls Don't Cry," "Sherry," "December, 1963 (Oh, What a Night)," "My Eyes Adored You," "Stay," "Can't Take My Eyes Off You," "Walk Like A Man," "Who Loves You," "Working My Way Back to You," and "Rag Doll," among others. Enjoy lunch at the Springside Inn before heading to the Playhouse. Lunch choices at time of registration: Roast Sirloin of Beef with Mushroom Gravy; Roast Loin of Pork with Stuffing; or Baked Haddock with Lemon Butter. Meals include: Vegetables, Mashed Potatoes, Dessert, Coffee or Tea.

FEE: Residents \$105 Non-Residents \$110

Bus pick-ups:

Nedrow Fire Department – Departs at 10:15 AM

Onondaga Senior Center – Departs at 10:45 AM

Return approximately 5:15 PM

SHAKE, RATTLE & ROLL

@ SILVER BIRCHES RESORT

Tuesday July 9

Take a ride thru Pennsylvania to Silver Birches Waterfront Resort with a breathtaking view of Lake Wallenpaupack. Upon arrival you will be served coffee cake, then browse the jewelry, gifts and local specialty food they have for sale in the lobby. Music and dancing from 11:30 – 12:30, open bar from Noon - 3, and at 12:30 enjoy a buffet lunch of Broccoli Salad, Baked Bread, Roasted Pork Loin, Wild Rice Pilaf, Beef Meatloaf with Gravy, Garlic Roasted Potatoes, Chef's Whim Salad, Roasted Vegetables, Rice Cream Sundae. The 'American Bandstand Show' starts at 2:30 featuring Group Du Jour, with Rock 'n Roll tunes from the '50s, '60s, '70s, and '80s. Come dressed in clothes from your favorite decade! They will keep things movin' and groovin' with their own version of American Bandstand with a twist contest, a silly lyrics contest, crazy costumes, hoops and more! A snack will be provided before our departure home.

FEE: Residents \$81 Non-Residents \$86

Bus pick-ups:

Onondaga Senior Center – Departs at 7:15 AM

Nedrow Fire Department – Departs at 7:30 AM

Return approximately 6:45 PM

SMALL TOWN AMERICA, Cortland County

Wednesday August 7 **NEW TRIP**

Enjoy a summer day traveling to our first stop,...the Frog Pond Art Gallery in Little York. There you will enjoy seeing functional, decorative, whimsical and traditional art for the home and garden,... metal sculptures, fantasy furniture, pottery, tiles, stepping stones, and paintings. For lunch we'll drive to Tinelli's Hathaway House in McGraw. Accented by the beauty of the Finger Lakes region and their lovely garden, the Hathaway House, built in 1844, is enhanced by marble fireplaces and crystal chandeliers. After lunch we're off to the Cinch Art Space in the historic Cortland Corset Building. There are places to sit and rest,... shop and browse! Lunch choices at time of registration: Broiled Top Sirloin of Beef with Herb Butter; Herb Crusted Salmon with Herb Butter Sauce; or Roasted Loin of Pork with dried fruit and apple stuffing. Meals include: Salad, Dessert, and Beverage.

FEE: Residents \$49 Non-Residents \$54

Bus pick-ups:

Onondaga Senior Center – Departs at 9:30 AM

Nedrow Fire Department – Departs at 9:45 AM

Return approximately 4 PM

REV THEATRE presents BANDSTAND the MUSICAL

Monday August 26

It's 1945 and our boys are coming home! Bandstand tells the story of musician Donny Novitski who is about to take on the mission of his life: leading his band of fellow veterans into competition for America's next swing band sensation. Featuring incredible music and the sounds of swing, jitterbug and big band and sizzling choreography, Bandstand is a patriotic tribute to our veterans and the nostalgia of the 1940's. Bandstand is the first musical sanctioned by GOT YOUR 6, a nonprofit that supports millions of veterans, service members and their families in the communities they call home.

Enjoy lunch at Highland Golf's 1925 Grill Restaurant before the show. Lunch choices at time of registration: Hot Roasted Beef with Gravy served with Mashed Potatoes and Veggie; or Grilled Chicken Ceasar Salad; or Fried Fish Sandwich with Lettuce, Fries and Cole Slaw. Meals include Dessert, Coffee or Tea.

FEE: Residents \$98 Non-Residents \$103

Bus pick-ups:

Nedrow Fire Department – Departs at 10:30 AM

Onondaga Senior Center – Departs at 11:00 AM

Return approximately 5:30 PM

REV THEATRE presents MAY WE ALL

Monday September 30

A new country music musical! *May We All* brings together several storylines about facing the music, rebuilding and starting over. Set in Harmony, TN, a town more than ready for its facelift, this heartfelt, funny new musical follows the dreams and aspirations of an up and coming country singer, her empty nester parents, an unrequited love story and a small town on the brink of change and revitalization. Featuring the music of Florida Georgia Line, Kenny Chesney, Miranda Lambert, Dolly Parton, Little Big Town, Old Dominion, Brooks & Dunn, Keith Urban, and many more. And introducing two original songs co-written by Florida Georgia Line's Brian Kelley and Tyler Hubbard, debuting exclusively via *May We All*. A homespun show for the entire family. Enjoy lunch at the Sherwood Inn before the show. Lunch choices at time of registration: Yankee Pot Roast or Scrod Christopher. Meals include Fresh Breads, Garden Salad, Dessert, Coffee or Tea.

FEE: Residents \$103 Non-Residents \$108

Bus pick-ups:

Nedrow Fire Department – Departs at 10:30 AM

Onondaga Senior Center – Departs at 11:00 AM

Return approximately 5:30 PM

****Be looking for two more trips being planned for September and October!*

PARKING REMINDER: When taking a trip leaving from the Senior Center, **PLEASE do not park in the handicap spaces at the back of the building.** During the day we have other activities going on and those spaces need to be available for seniors attending a class/lunch/etc.

Make checks payable to the
Town of Onondaga for all class
registrations.

INTERMEDIATE SENIOR TAP

Instructor: Denise Gehm

Wednesdays 11:00- 12:00 PM

Current Session thru May 22

Next 8-week session:

May 29 – July 17

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

After May 22 add \$10

If you are interested in taking Beginner Tap Lessons let us know. Our instructor will work with you on Wednesdays before the 11AM class.

EXERCISE WITH LIGHT WEIGHTS

FREE...Tuesdays and Fridays 10 - 10:50 AM

We work out stretching and using light hand weights to help us stay fit! The hand weights are provided for good overall exercise.

ZUMBA GOLD

Wednesdays 9:15 - 10:15 AM

Instructor: Marie Thornton

Perfect for active older adults who are looking for a modified Zumba class.

Current session thru May 1

Next 12 week session: May 15 – July 31

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

STRENGTH & STRETCH

Instructor: Marie Thornton

2 Class Days! Monday's & Thursday's @ 6:15 PM

BE LOOKING FOR CLASSES TO RESUME IN SEPTEMBER

ART INSTRUCTION

Instructor: Thomas Hussey

(Call the Senior Center for availability to join each class.)

Current Class Sessions thru June 18

Next 12-week Session:

June 25 – September 10

ADVANCED ART

Tuesdays 9 AM - 12 Noon

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

CLASS FULL

BEGINNER ART

Tuesdays 12:30 – 2:30 PM

RESIDENT FEE: \$84

NON-RESIDENT FEE: \$94

Maximum 12 participants
in class.

CHI KUNG

Instructor: David Dolbear

Mondays 1 - 2 PM

A Chinese Exercise meaning Therapeutic Breathing Exercise for Health, involving simpler movements, and breathing to reduce stress and promote pliability, and improved pulmonary and cardiovascular function. Chi Kung can be done sitting or standing. This is a beginner class for anyone who wishes to continue on to Tai Chi.

Just to remind you...good things are happening here at the Senior Center and one of the biggest reasons for our success is because of all the great folks participating in our programs. You make the difference...We appreciate you, your help when needed, and your welcomeness to others...

TAI CHI (Intermediate)

Instructor: David Dolbear

Mondays 2 - 3 PM

Characterized by soft, slow, and continuous movement. Physically it promotes pliability, improved cardiovascular increased strength, especially in the legs. Psychologically, it promotes concentration, relaxation, self-confidence, and overall improvement in the function of the central nervous system.

Current sessions thru May 6

Next 12-week sessions: May 13 – August 5

RESIDENT FEE: \$72 (each session)

NON-RESIDENT FEE: \$82 (each session)

NO CLASS 5/27

After April 29 add \$10



DON'T FORGET: If you have Silver & Fit on your Medicare insurance coverage, fill out the form to pay for your fitness classes!



MAY BIRTHDAYS

- 1 Marion Hurnberger - Mary Ellen Malone –Rita White
- 2 Laurel White - Dominick Venuti
- 3 Monica Scott
- 4 Barbara Martin - Caroline LaTray - Patricia Fox
Debra Roberts
- 6 Delores Bottrill - Julie Hoppmann
- 7 Maureen Moore - Vivian Hetzel
- 8 Jean Bednarski - Fred Monroe - Julie Sass
- 9 Anne Volcko – Ray Leubner – Lucille Jones
- 10 Dorothy McIntyre – Phyllis Lorenz
- 11 Nancy Lewis
- 12 Irene Lawton
- 13 Giovanna Bernardon - Sharon Miller – Shirley Mollica
- 14 Nancy Campagna
- 15 Lyle Bartlett
- 16 Lois Cole
- 17 Hugh Devlin - Nancy Venuti
- 18 Marion Albright - Mary Lascaris - Teresa Punch - Ron
Grismore
- 19 Grace Vardabash - Ellen Fahy
- 20 Helen Jones - Kathy Gibson
- 21 Nancy Baranello - Dorothy Graser
- 22 Faith Purdy
- 23 Audrey Strodel - Laura Schuyler
Betsy Price – Cheryl Schmelling
- 25 Magdalena Schwartz
- 26 Hazel Rittenhouse
- 27 Ruth Curry
- 28 Dick Beebe



JUNE BIRTHDAYS

- 1 Rosemary Briggs - Nancy Lasher
- 2 Mary Jane Cooney
- 3 Rosanna Roberts - Julia Greene
- 4 Ruth McMains - Diane Cooter
Mary Kalil - Mark Gibson
- 6 Joan Ferrara - Merilee Palerino
- 8 Filomena Tedone
- 10 Marion Harr - Betty Whaley - Vijay Law
- 11 Connie Fortugno
- 12 Nancy Mandarin - Ellen O'Hara
Airea Mosher - Pat Pirro
- 13 June Marsh - Bette Cargen
- 14 Michael Calvello - Margaret Ball
- 15 Howard Carr, Jr.
- 16 Barbara Holava - Dorothy Barnes
- 17 Cynthia Kogler - Virginia Stamey - Kathleen Michel
- 19 Maryanne Gesel - Mary Winsor
- 20 Leslie Voorhest
- 21 Jackie Elliott - Mark Williams
- 23 Anne Evans - Tim Schmelling
- 22 Janice Tanner
- 24 Sue Appel
- 25 Margit Toth
- 27 Joyce Reeves - Diane Knowlton
- 28 Bill Jacobsen
- 29 Janice Smith - Margaret Schultz
- 30 Maureen Hartnett
- 31 Johanna Hanna

